



Monday Club Day Services

- Our staff are trained to support your health and wellbeing, and to help you remain independent.
- Support to access other services.
- Vital respite for families and carers.
- Opportunity to socialise and feel secure in a happy and stimulating environment.

Come and join us!

**Monday Club Day Services
March**

Mondays

10.00am to 2.30pm

Contact us to find out more

Email: dayservices@ageukcap.org.uk

Tel: **01733 806 336**

What can we help with

- An opportunity for older people to socialise, make friends and participate in activities.
- A hot meal is served at lunchtime with refreshments throughout the day.

Our Services

Information and Advice

Finances, Health, Social Care, and much more

Practical Support

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyperson

Social Opportunities

Day Opportunities and Friendship Clubs

Sharing Time

Get Involved

Volunteering

Fundraising

Visit our website

www.ageukcap.org.uk